

Read through these steps first, then go back and complete the process after you understand the concept. It takes about 15 minutes to apply the bandages, and another 10 minutes to let them dry enough to remove without deforming the cast.

## 1 Preparation

- Cover your hair with a nylon, over the ears and eyebrows, and tuck the tail under the back for later
- Fill a bowl with warm water to dunk the plaster strips
- Apply a light coating of vaseline over the skin on your face and your eyelashes/eyebrows
- Cut the straw in two and place them in your nostrils to breath when the bandages are applied. If you put them in your mouth your jaw will open and change the shape of the final mask.

## 2 Applying the bandages

- You will need assistance from someone you trust to lay the bandages on while you sit in a chair or lay down.
  - You are going to cover the front side of your face and neck to a line behind your ears.
  - Be careful not to go too far back or it will be hard to pull it off.
  - Avoid moving your jaw or blowing air into the bandages while it is setting up.
  - You need to get at least three full layers to get a firm cast.
  - Dunk the strips in the bowl of warm water and pull them through two fingers to remove excess water
  - Start with the narrow strips; cross them from above your left eye to below your right eye and vice- versa to form an "x" in order to get the detail around the bridge of your nose into your eyes. Form them deep into the eye sockets.
  - Continue with the wider strips and lay them down in a complete layer before overlapping the second layer, etc.
  - Use up all of the bandages, and get a good outer edge to keep the cast from deforming.
- Removing the cast:
- The cast may feel warm as it starts to dry, probably before the final layer is on.
  - The longer you can let it dry before you try to remove it, the less likely it will deform.
  - When the cast is dry to the touch, remove the tail of the nylon you tucked under the back and gently pull it straight down your back to separate it from the plaster in the top of the cast.
  - After the nylon is removed lean forward and hold the face of the cast in your palms as you gently wiggle your face out. Be careful not to pull the cast off as it might deform.

## 3 Drying the cast

- When you get it removed be very careful not to put pressure on the sides of the cast or it will ruin the fit of the final mask.
- Dry the cast by setting it on a shampoo bottle to balance, facing upward with the outside edges off the surface of the table.
- If you set it on its side or face it will deform and ruin the cast.
- It should be dry in 30 minutes, but give it a few days to dry completely.

Fill a box with packing peanuts or crumpled newspaper inside and outside the form and send it to: **Olympia Composites, 1317 Forest Circle, Burnsville MN 55306.**